

WELLNESS

The board promotes healthy students by supporting wellness, good nutrition and regular physical activity as a part of the total learning environment. The school district supports a healthy environment where students learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, each school contributes to the basic health status of students. Improved health optimizes student performance potential.

The school district provides a comprehensive learning environment for developing and practicing lifelong wellness behaviors. The entire school environment, not just the classroom, shall be aligned with healthy school district goals to positively influence a student's understanding, beliefs and habits as they relate to good nutrition and regular physical activity.

The school district supports and promotes proper dietary habits contributing to students' health status and academic performance. Foods available on school grounds and at school-sponsored activities during the instructional day should meet or exceed the school district nutrition standards and be in compliance with state and federal law. Foods should be served/sold with consideration toward nutritional integrity, variety, appeal, taste, safety and packaging to ensure high-quality meals. See the DE guidance on Healthy Kids Act www.tinyurl.com/Iowa-HKA

The school district will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price meals. The school district promotes the availability of meals to all students; and/or use nontraditional methods for serving meals, such as "grab- and-go" or classroom breakfast.

The school district will develop a local wellness committee comprised of representatives such as parents, leaders in food/exercise authority and employees. This committee shall meet twice a year and develop a plan to implement and annually assess the effectiveness of this policy. The committee will designate an individual to monitor implementation and evaluation the implementation of the policy. The committee will report annually to the board regarding the effectiveness of this policy.

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Nutrition Education and Promotion

Schools will provide nutrition education and engage in nutrition promotion that:

- is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- is part of not only health education units of instruction, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects.
- includes enjoyable, developmentally appropriate, culturally relevant participatory activities, such as contests, promotions, taste testing, and school gardens.
- promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices.
- emphasizes caloric balance between food intake and physical activity,
- links with meal programs, other foods and nutrition related community services
- provide information about the Healthy Kids Act and Nutrition Standards in the National School Lunch and School Breakfast Programs on the district Nutritional Service's Wellness Page
- The Western Dubuque Community School District demonstrates a commitment to discourage the use of food as a reward.

The nutrition guidelines for all foods available will focus on promoting student health and reducing childhood obesity (at each school building or in the school district).

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Physical Activity

Schools should provide physical education classes and experiences that:

- are scheduled for a duration and frequency that promotes improved student fitness
- for all students in grades K-12 for the entire school year
- taught by a certified physical education teacher
- include students with disabilities, special health-care needs and in alternative educational settings.
- will not allow substitution for meeting physical activity (e.g. interscholastic or intramural sports, band, choir, etc. include involvement in other activities involving physical activity (e.g. interscholastic or intramural sports, band, choir, etc.)
- provide physical activity recommendations for classroom teachers to use in their classrooms with students during the day that have been prepared by physical education teachers
- engage students in moderate to vigorous activity during at least 50% of their physical education class time.

Daily Recess

Elementary schools should provide recess for students that:

- is at least 15 minutes a day
- is preferably outdoors
- encourages moderate to vigorous physical activity verbally and through the provision of space and equipment; and
- discourages extended periods (i.e. periods of two or more hours) of inactivity.

The District Wellness Program will encourage moderate to vigorous physical activity verbally and through the provision of space and equipment; and discourage extended periods (i.e. periods of two or more hours) of inactivity.

When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

Physical Activity and Punishment

Employees should not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

Iowa law now requires elementary students, K-5, to have 30 minutes of physical activity, not physical education, per day. This requirement can be met through a combination of PE, recess, classroom and other activities. Middle and high school students must have at least 120 minutes of physical activity per week. Again this is not just physical education but can be met with a combination of PE, school and non-school sponsored athletics and other activities where the body is exerted. Should a student wish to meet the requirement outside of school, the student and school district must have an agreement detailing the outside activity

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Physical Activity Opportunities after school

After-school child care programs will provide and encourage verbally, and through the provision of space, equipment and activities, daily periods of moderate to vigorous physical activity for all participants.

The Western Dubuque Community School District demonstrates a commitment to discourage the use of physical activity as a means of punishment.

(The Centers for Disease Control and Prevention recommends at least 150 minutes a week for elementary students and 225 minutes a week for middle and high school students).

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Other School-Based Wellness Activities

Integrating Physical Activity into Classroom Settings

Students need opportunities for physical activity beyond physical education class.

Toward this end, schools will:

- offer health education that complements physical education by reinforcing the goals and objectives of the Healthy Kids Act.
- provide knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities;
- discourage sedentary activities, such as watching television, video and computer games
- provide opportunities for physical activity (such as ones provided by district physical education teacher to be incorporated into other subject lessons; and
- encourage classroom teachers to provide short physical activity breaks between lessons or classes, as appropriate.

Communication With Parents

The district/school will support parents' efforts to provide a healthy diet and daily physical activity for their children. The district/school will:

- restrict snacks or party treats to prepackaged/commercially prepared food;
- offer healthy eating information for parents, send home nutrition information, post nutrition tips on school web sites and provide nutrient analyses of school menus;
- encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet nutrition standards for individual foods and beverages;
- provide parents with information on foods that meet the district's snack standards and ideas for healthy celebrations/parties, rewards and fundraising activities;
- include sharing information about physical activity and physical education through a web site, newsletter, other take-home materials, special events or physical education homework.

Food Marketing

School-based marketing will be consistent with nutrition education and health promotion.

Schools will:

- limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually;
- promote healthy foods, including fruits, vegetables, whole grains, and low- fat dairy products;
- Nutritional Services will regularly update parents and staff through the Food and Nutrition Department page found on the Western Dubuque Community web page

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NUTRITION GUIDELINES FOR ALL FOODS AVAILABLE ON CAMPUS

School Meals

Meals served through the National School Lunch and Breakfast Programs will:

- be appealing and attractive to children;
- be served in clean and pleasant settings;
- meet, at a minimum, nutrition requirements established by state and federal law;
- offer a variety of fruits and vegetables, legumes and whole grains;
- serve only low-fat (1%) and fat-free milk and nutritionally equivalent non-dairy alternatives (as defined by the USDA);

Schools should:

- engage students and parents, through taste-tests of new entrees and surveys, in selecting foods offered through the meal programs in order to identify new, healthful and appealing food choices; and,
- share information about the nutritional content of meals with parents and students. (The information could be made available on menus, a web site, on cafeteria menu boards, placards or other point-of-purchase materials.)

Breakfast

To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn, schools will:

- operate the breakfast program, to the extent possible;
- notify parents and students of the availability of the School Breakfast Program, where available; and,
- encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials or other means.

Free and Reduced-Priced Meals

The school district will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price meals. Toward this end, the school district may:

- utilize electronic identification and payment systems;
- provide meals at no charge to all children, regardless of income; and,
- promote the availability of meals to all students.

Meal Times and Scheduling

The school district:

- will provide students with sufficient time to eat after sitting down for breakfast and sufficient time after sitting down for lunch;
- should schedule meal periods at appropriate times, e.g., lunch should be scheduled between 11 a.m. and 1 p.m.; should not schedule tutoring, club or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- will attempt to schedule lunch periods to follow recess periods (in elementary schools);

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- will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and,
- should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).

Qualification of Food Service Staff

Qualified nutrition professionals will administer the meal programs. As part of the school district's responsibility to operate a food service program, the school district will:

- provide continuing professional development for all nutrition professionals; and,
- provide staff development programs that include appropriate certification and/or training programs for child nutrition directors, nutrition managers and cafeteria workers, according to their levels of responsibility.

Sharing of Foods

The school district discourages students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

Foods Sold Outside the Meal (e.g. vending, a la carte, sales)

All foods and beverages sold individually outside the reimbursable meal programs (including those sold through a la carte [snack] lines, vending machines, student stores or fundraising activities) during the school day, ~~or through programs for students after the school day~~ will meet nutrition standards as required by state or federal law. For current state guidelines, click here:

http://educateiowa.gov/index.php?option=com_content&view=article&id=1769&catid=838&Itemid=2545.

Fundraising Activities

There are two types of fundraising – regulated and other. Regulated fundraisers are those that offer the sale of foods or beverages on school property and that are targeted primarily to PK-12 students by or through other PK-12 students, student groups, school organizations, or through on-campus school stores. Regulated fundraising activities must comply with the state nutrition guidelines. All other fundraising activities are encouraged, but not required, to comply with the state nutrition guidelines if the activities involve foods and beverages.

The school district encourages fundraising activities that promote physical activity. The school district will make available a list of ideas for acceptable fundraising activities.

Snacks

Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Schools will assess if and when to offer snacks based on timing of meals, children's nutritional needs, children's ages and other considerations. The school district will disseminate a list of healthful snack items to teachers, after-school program personnel and parents.

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If eligible, schools that provide snacks through after-school programs will pursue receiving reimbursements through the National School Lunch Program.

Rewards

The school district discourages use of foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually, as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through meals) as a punishment.

Celebrations

Schools should evaluate their celebrations practices that involve food during the school day. The school district will disseminate a list of healthy party ideas to parents and teachers.

School-Sponsored Events

Foods and beverages offered or sold at school-sponsored events outside the school day ~~will~~ are encouraged to meet the nutrition standards for meals or for foods and beverages sold individually.

Food Safety

All foods made available on campus adhere to food safety and security guidelines.

- All foods made available on campus comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food illness in schools.
http://www.fns.usda.gov/tn/Resources/servingsafe_chapter6.pdf
- For the safety and security of the food and facility, access to the food service operations are limited to child nutrition staff and authorized personnel.

Summer Meals

Schools in which more than 50 percent of students are eligible for free or reduced-price meals will sponsor the Summer Food Service Program for at least six weeks between the last day of the academic school year and the first day of the following school year, and, preferably, throughout the entire summer vacation.

Legal Reference: Richard B. Russell National School Lunch Act, 42 U.S.C. 1751 *et seq.* (2005) Child Nutrition Act of 1966, 42 U.S.C. 1771 *et seq.*,

Cross reference: 504.6 Student Activity Program
710 School Food Services

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